

# **DURHAM CITY**

#### Amateur Swimming & Water Polo Club



### **SQUAD STRUCTURE & ATHLETE PATHWAY**

### PERFORMANCE 1 (P1)

(Males 13yrs+ / Females 12yrs+)

M 15yrs+ / F 14yrs+ - 8 Sessions (13.5 hrs) M 14yrs / F 13yrs - 7 Sessions (11.5 hrs) M 13yrs / F 12yrs - 6 Sessions (10.5 hrs)

Working towards National Qualification

#### PERFORMANCE 2 (P2)

(Males 11-15yrs / Females 10-14yrs)

M 13yrs+ / F 12yrs+ - 6 Sessions (10.25 hrs) M 12yrs / F 11yrs - 5 Sessions (9 hrs) M 11 / F 10 - 4 Sessions (7.5 hrs)

Working towards Regional Qualification
Working towards Gold CD Award

# JUNIOR COMPETITIVE (Males 10-14yrs / Females 9-13yrs)

M 12yrs+ / F 11yrs+ - 5 Sessions (6.25 hrs) Squad – 4 Sessions (5 hrs)

Working towards County Qualification
Working towards <u>Silver</u> CD Award

# JUNIOR POTENTIAL (Age 8-12)

4 Sessions (5 hrs)

Stroke/Skill Development & Graded Meets
Working towards Bronze CD Award

## JUNIOR DEVELOPMENT

(Males 8-12yrs / Females 7-11yrs)

3 Sessions (3 hrs)

Stroke/Skill Development
Working towards <u>Green</u> CD Award

#### ENTRY (Age 6-11yrs)

1 Session (1 hr)

Stroke/Skill Development
Working towards <u>Green</u> CD Award

### MASTERS (Age 18yrs+)

3 Sessions (3 hrs)

Fitness/Multi-Sport Group

#### CLUB (Age 12-17yrs)

3 Sessions (3 hrs)
Fitness/Multi-Sport Group

# SAPPHIRE (All Ages)

2 Sessions (2 hrs)

Para/Disability Group